

# 5G Survival Guide

Courtesy of Neutralwise, LLC  
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## The Internet of Things to Come- 10 Steps you can take to protect yourself, Right Now from Electromagnetic Field Radiation

### A Reason to Take Action

The media's coverage of electromagnetic fields (EMF's) is so superficial that many people believe that the issue of safety regarding exposures to electromagnetic fields has been settled and that we have nothing to worry about. But nothing could be farther from the truth. Researchers in bio-electromagnetics and biophysics have continued to observe alarming studies across a range of frequency exposures that are common in our everyday lives, especially with wireless products such as cell phones, DECT phones, cell towers and wireless routers and laptop computers. The United States media is largely unaware of this continually growing body of research, coming largely from European countries.

### Increased Demand Means Increased Coverage

- 2016 Mobile WiFi data use is 35 times higher than in 2010.
- Roughly 396 million mobile devices are in use today.
- At the end of 2016, a record 308,334 cell sites were in operation.
- Cell tower growth of over 57 percent in the last ten years.
- Licensed Wireless services generate over 400 billion annually.
- Over the life of the wireless industry, wireless carriers have made nearly **\$489 billion in capital investments**.

Source: <https://www.ctia.org/docs/default-source/default-document-library/ctia-wireless-snapshot.pdf>



5G, or 5<sup>th</sup> generation wireless networks and mobile systems will totally change the way we receive our Internet and cell phone connections. The blanket of radiation that provides our wireless and cell phone coverage will be converted into targeted, powerful beams capable of going right through your body. Because of the nature of 5G, many smaller arrayed towers and antennas will replace the current cell towers.

**As you can see from the statistics on the previous page, the cell phone and wireless industry is not going away and in fact will only get bigger!**

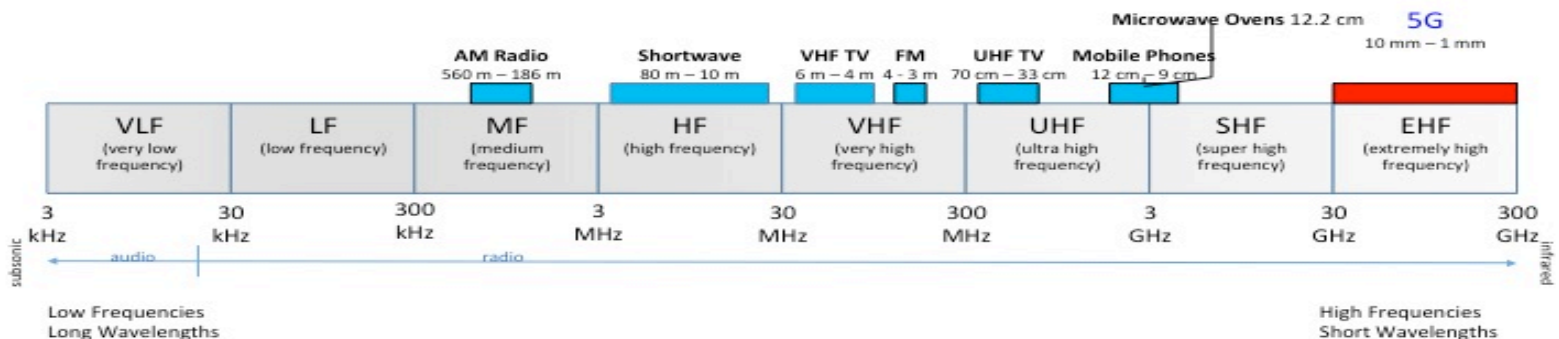
A growing number of people are experiencing negative health effects from cell phone and wireless exposure. The roll out of 5G is starting in 2018 with plans to have it fully implemented in the U.S. by 2020, with this; the following problems are likely to rapidly increase.

**No one is immune from the effects of EMF's and with the high cost of health care we can't afford to ignore this issue:**

- |                  |                         |                  |
|------------------|-------------------------|------------------|
| • Dizziness      | Loss of Consciousness   | Headaches        |
| • Fatigue        | Concentration Disorders | Chest pain       |
| • Heart Problems | Nausea                  | Insomnia         |
| • Seizures       | Ringing in the ears     | Allergies        |
| • Memory Loss    | paralysis               | Skin burning     |
| • Cancer         | Autism                  | GERD             |
| • Alzheimer's    | Anxiety                 | Depression       |
| • Aggression     | Eating Disorders        | Visual Disorders |

This is by no means a comprehensive list of the problems caused from EMF's.

Let's take a look at the electromagnetic wave scale below to give you an idea of the nature of 5G:



As you can see there is a jump from a frequency of 3 GHz to 30 GHz and more with the new technologies coming our way. Without our consent we are all part of the largest human experiment in known history. The human body resonates with EMF waves, which causes disorganization and destruction at a cellular level. Radiation from mobile phones, etc. also causes permeability of the blood brain barrier and alterations to the genetic material, which also results in pregnancy damage and physical deformities, as well as deliberate damage to our children.

# 10 Steps to Protect Yourself From Electromagnetic Radiation

If you have read other information on how to protect yourself from EMF's you might find my approach a little different. Because I offer a device that has been proven to have a positive protecting effect on the human body, and has been doing so for the last 20 years, the advice I am giving you integrates the RayGuard® technology into your daily protection scheme. To find out more about the studies done to prove the devices, go to:

<https://www.neutralwise.com/scientific-studies>

1. **Opt out of the “Internet of things” as much as you can and resist the urge to buy any additional smart devices for your home.** Avoid buying products with wireless technology. Everything from refrigerators to tooth brushes is being manufactured with wireless connection. As the years pass it will get harder and harder to find anything that isn't wireless. If you don't shop second hand now you may find it necessary in the future if you want to reduce your exposure. A RayGuard® home device is a good addition to neutralize the EMF radiation that cannot be avoided.
2. **Make your bedroom a sanctuary for restful sleep.** You want to encourage the natural production of melatonin in your brain. Taking a melatonin supplement might be helpful to help establish good sleep patterns again but it should not be taken on a regular basis or it may interrupt natural melatonin production. To help produce your own melatonin naturally, make sure your room is completely dark at night. Move wireless routers, TV's and computers from the bedroom. If this is not possible, put them on a surge protector power strip with a switch to make it easy to turn them off at night. Use blue blocker glasses in evening or set your computer on the warmer color night mode if it has that capability. If you have a DECT phone in your room, replace it with a wired phone, or move it to another room if possible. These wireless handsets are more dangerous than cell phones because they broadcast 24/7 so if you can it is best to get rid of them or at the very least place a RayGuard® Raychip on every handset to reduce the radiation and make use of the speakerphone whenever possible. Avoid using baby monitors if possible and never place in a baby's crib. A RayGuard® Swiss Pine Energy Plus is a great addition to the bedroom to make those electronics you cannot do without much safer.

## RayGuard® Swiss Pine Energy Plus for EMF protection and pine oil aromatherapy, for a 15 foot radius of protection.

Using various testing methods, different independent studies have shown that Swiss pine has the property of reducing the heart rate of a person under stress. Also, people who stay or sleep in rooms with Swiss pine are less stressed and more relax than those who are not exposed to the influence of pine.

**The Swiss Pine considerably accelerates the recovery process of the autonomic nervous system.** It regulates functions that we cannot otherwise influence, such as heart activity, blood pressure, distribution of blood flow, depth and frequency of breathing, etc. **RayGuard® products reduce EMF radiation up to 90% and are strong enough to protect even those who are hypersensitive!**





### RayGuard® body&car Pendant

A portable receiver you can wear around your neck this is a pendant you can wear while out and about. **There is too much radiation for this to be your sole protection but it is a great start.** Keep it on your person (women you can keep it in your bra) Use this for 24/7 protection if you don't yet have other RayGuard® devices in the home.

Even if you implement all of the recommendations in this guide, you will still be exposed to a significant amount of radiation when traveling on airplanes, in hotel rooms or just out and about running errands in your community.

**Eventually there will be nowhere you can go that won't have strong wireless signals bombarding your brain and body.** But the good news is you can protect yourself and reduce your exposure considerably

3. **Do not carry your cell phone next to your body or put against your head to make phone calls.** Don't let babies or children use or play with your cell phone! Carry your cell phone in an EMF protection case. Defender Shield makes a good one. Use the speakerphone, or an air tube head set to make calls. If possible turn off your cell phone when not in use and instead check it periodically. You may find you are actually more productive with out the constant interruptions. Do not use it for an alarm clock or sleep with it next to your head. Keep it out of the bedroom completely if possible. Install a RayGuard® Raychip on your phone to reduce radiation by 67%. While this does not make your cell phone healthy to use, it does make it safer to use.

4. **Opt out of getting a smart meter if at all possible.** If you are offered a smart meter decline getting one installed. Do this in writing by mailing a letter to your electric provider after the offer is made. If a smart meter cannot be avoided, buy and install an analog "smart meter" instead. If you live in a home with a smart meter that can't be removed, install a shielding device over the meter. Beware of a new breed of smart meters that look like analog meters but have a receiver inside! Look for receivers in brands like ABB, Elster, General Electric, Landis+Gyr, Schlumberger, and Siemens. To check and see if any of these brands of "analog" meters have a receiver, look very closely inside to see if there is a circuit board mounted in the unit. An analog meter won't have a circuit board. Even with a shielded device or apartment building with smart meters it is of utmost importance that you protect yourself with a RayGuard® device. If you can move out into the country, away from the city do so but be aware you will still need protection from the growing wireless infrastructure and the unavoidable EMF's in your home.

5. **Protect your unborn child and infant from EMF's.** If you are pregnant, refrain from using a cell phone as much as possible and don't rest it on your stomach, or put it in your pocket! Do not use while nursing, feeding, or holding your baby. **Don't forget seniors and the disabled.** Most nursing homes, hospitals, and institutional facilities not only have wireless, but also increasingly have cell towers installed on their property for the extra revenue they bring in. More and more wireless devices are being developed to monitor everything from blood sugar to the sky rocketing dementia that is occurring in our society. The very technology that is helping to cause these problems is now being used to monitor the same! Ask yourself if it makes sense to use wireless devices to monitor your health. Make sure your loved ones who cannot look out for themselves have a RayGuard® protection device. It is especially important to have a home device when there young children, those who are ill or the elderly in residence.

**6. Protect your children from EMF's in every way possible!** EMF's put constant low-level stress on the body and children are especially vulnerable and their thinner skulls, and thinner, smaller bones make them more vulnerable to radiation. **A growing number of studies are showing a link to cancer, brain tumor's and Autism in children, and EMF exposure.** Children should not have cell phones. If you choose to give your child a cell phone teach them how to safely handle a cellphone and if possible give them a flip style phone or a device that only allows texting. Any device you give them should have a Raychip installed and should be in a protective case. Don't allow the cell phone in their room at night or to be used like a toy or entertainment device. This also goes for tablets. Limit their use of computers and instead encourage reading from books, enjoying the outdoors, learning useful life skills like woodworking, cooking, growing a garden, etc. Also other creative activities like painting and drawing. You will be rewarded with a calmer, happier, more empathic and focused child who learns, as they should. Make sure there is a RayGuard® device that is covering their room.

Schools have become one of the most dangerous places for children when it comes to electromagnetic field radiation. Not only do the schools have wireless routers, they are encouraging more and more the use of tablets and computers. Many of the children carry smart phones, which are always switched on and cell towers are being installed on the property because they bring in money for the schools. Make sure your child at the very least has the RayGuard® flower of life pendant if they are very young and preferably a body&car pendant which they can wear or carry in a backpack.

**The new 5G system will be much more powerful, remember we are going from 4G to 30G. The term 5G is misleading as it refers to the next phase of development and is a marketing term not the actual strength of the signal!**

### Consider the words of Dr. Martin Blank, PHD:

"I wish to emphasize we still do not know what a "safe" level of EMF exposure is (though in some cases, we do know what an unsafe level is)."  
" Research studies have demonstrated biological effects of EMF exposure even at very low levels of radiation."

With this statement in mind from Dr. Blank we can then come to the logical conclusion that negative biological changes can be seen from EMF exposure, the ability to measure negative changes in the biology after unprotected exposure to EMF radiation and then following with measurements which show a positive change/effect when using a RayGuard® protective devices are valid. Furthermore, testing of the RayGuard® products were first done 20 years ago when the proliferation of cell phones radiation and wireless technologies was much lower and so a control group was easier to establish.

**Through an exhaustive search, I have found no studies that disprove RayGuard's effectiveness, only the unsubstantiated opinions of skeptics.**



The RayGuard® home and office device has a protection radius of about 150 feet.

7. **Make your home office workspace and work travel safer.** If possible hardwire your computer, if this is something that is not practical, or desired, a RayGuard home device is strongly recommended to protect you from your wireless router. Also, place Raychips on your computer or tablet to further reduce radiation and get a Defender Pad to protect your lap if you use a laptop. If you travel to an office as most people do, this is an area where there often there is not the ability to as have much control over your environment. A RayGuard® Mobil device has a radius of 9 feet so it is great to put on your desk or in a briefcase or backpack. The Mobil device is also good when traveling, especially if your vehicle has wireless technology or you are flying on an airplane. There are many airplane's flying today which have a RayGuard® device in the cockpit. It is recommended that when staying in a hotel room to put a mobile device on your nightstand as hotels have very high levels of EMF radiation, especially if they are made of glass and steel.

8. **Strengthen your body with proper sleep, a good diet and moderate exercise.** Research has shown a link between EMF's and chronic infections. The constant stress takes a toll on our health. Eating a diet of whole foods as free of pesticides and herbicides as possible can only help your body fight infections. Avoiding processed foods full of chemicals and sugar allows your body to heal properly. Adding extra vitamins and minerals to your diet such as Vitamin C and zinc to help strengthen the immune system is also something to consider, as these tend to be deficiencies common in the modern diet due to over farming of the soils. Also, make sure you are getting enough vitamin D; make it a habit to go outside at midday for 15 minutes to catch some of the sun's rays. In the U.S., I recommend consulting a physician who practices functional medicine in regards to diet and nutrition to explore your individual dietary and nutritional needs.

Move your body and do whatever you enjoy- walking, hikes, dancing, swimming, yoga or more functional exercise like gardening, yard work, house work, etc.... make sure you get some exercise each day. Shoot for 30 minutes and work up a light sweat, with brief bursts of higher intensity to help strengthen your heart and lungs.

9. **Strengthen your consciousness through stillness, mindfulness and meditation.** Our lives are increasingly more hectic and we have gotten into the habit of keeping our selves' constantly distracted. **The increased bombardment of EMF radiation is robbing us of our humanity and our creativity.** Look around you, everywhere there is an increase in a lack of caring and even violence toward each other. Make it a habit each day to turn off your TV, and any other distractions and just be with your thoughts. Take it a step further and learn to meditate. Learning meditation has many benefits and is worth taking time for. Meditation will improve your concentration and will enable better decision-making, develop your empathy toward all living things, and help strengthen your sense of wellbeing.

10. **Go out into nature!** Spend time each week out doors in a park or better yet visit a forest. If you have forgotten the wonderful, natural vibe of the earth, rediscover it. **Spending time in nature is one the most important things you can do for your physical and mental health.** The more contact with the natural world we have, the more we strengthen and remember our connection to it and understand that the virtual world inside of our devices distracts us from reality and the need to protect nature. Preserving our natural world benefits us directly in obvious ways but we may forget this fact to our own detriment and that of future generations.

*RayGuard® Raychip for cellphones and computers*



New technologies bring us many advantages. The cell phone and wireless industry are no exception. We now have instant communication with our loved ones, we have access to information for education and research that used to be the stuff of science fiction, we transact business easily all over the world and can remotely monitor everything from the weather to a patient's health in their own home but these newer communication technologies come at a steep cost. Early observation and testing showed that electromagnetic field radiation caused damage to living organisms and was shoved under the rug and ignored in favor of developing new technologies without additional research and development of safer ways to achieve the same objectives. Additionally these new technologies have become invasive and are being used to monitor our every move and now even to discover our private thoughts. This rapidly growing industry has also been weaponized putting our population in further peril.

We cannot depend on the telecommunication industry or many of the scientific studies to be honest with us or protect us. We will have to do this for ourselves and support the research of scientists and product manufacturers who have the integrity to give us the truth and develop products that are safe and give us the protection we need. **It's not enough for cell phone manufacturers to advise us not to put our cellphones next to our bodies in tiny print buried in a users manual.** Eventually there will be so much illness and destruction, the reality tipping point will come about and a majority of the people will face the truth and demand safer technologies.

If you find yourself unmoved and not really caring about any of this you might want to ask yourself why? Where have your feelings for yourself and empathy for all living things gone? Maybe you can remember a time when you felt more deeply and cared more about the future. Try this experiment:

**Turn off your wireless and your cellphone for a week, or get a RayGuard® device to try for yourself and see how you now think and feel. Sometimes we become so adapted to a new state we forget what it feels like to be truly alive.**

*This guide does not include all of the methods available for reducing our exposure to EMF radiation. People who have become hypersensitive may need to initiate further shielding and protection depending on their own individual circumstances. RayGuard® products have not been evaluated by the FDA.*

*This guide is not a substitute for medical advice, nor should it be construed as such. If necessary, seek the advice and help of a medical practitioner who is knowledgeable about the dangers and treatment of EMF exposure.*



RayGuard® Mobil has a protection radius of 9 feet.

Some Resources:

[www.neutralwise.com](http://www.neutralwise.com)

<https://youtu.be/kQ06psMPHs>

<https://www.health.harvard.edu>

<http://emfsafetynetwork.org>

<https://ehtrust.org>

<https://youtu.be/NcSgc8G-gMg>

[www.cellphonetaskforce.org](http://www.cellphonetaskforce.org)

<https://emfscientist.org>

<http://www.bioinitiative.org>

<http://www.emfresearch.com>

<https://youtu.be/XahNASEcKVw>

<http://microwavenews.com>

<http://electromagnetichealth.org>

<http://www.powerwatch.org.uk>